

# PIONEER PRESS

*A monthly newsletter created by the residents, for the residents of ESH.*

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12th Edition, November-December 2008

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Congratulations to  
President-Elect  
Barack Obama  
and Family!

***By Shawn A. Claitt***



Just like every other fellow American, I witnessed world-shocking and world-changing history. For the first time in American history has an African American won the votes and hearts of the American people to be elected into the presidential office of the United States of America. I, Shawn Akin Claitt took time to express my gratitude and appreciation not just from a Black male's perspective, but as a proud American. And, oh, before I forget, a crazy shout out to First Lady Michelle Obama on being the backbone and, as we say in the hood (Black community), that "Ride or Die Chick" that President-Elect Barack Obama needed for strength, love and support to take office in one of the craziest houses ever built. The house people all over the world dream of living in or visiting. We, the American people, know and love the White House. So we at ESH and Pioneer Press salute you President Barack Obama. God Bless You!

What did the 2008 Presidential Election mean to you?

***Submitted by Avis Abdul-Malik***

**Kaye R.** – thrilled that Obama won- I think he would do a lot of good for the Country.

**Patricia M.** – When you vote for who you want and come up with ideas and rule the country – I am happy about who won the election.

**Kelly D.** – Obama is the newly elected President and good for the country and good for blacks, African Americans. A good change, economy will change for the best. He is going to make sure everyone gets a check.

# Thanksgiving



## What does Thanksgiving mean to you?

***Submitted by Avis Abdul-Malik***

Maria D. B.26 - I leave November 6, Wednesday, for Denbigh Virginia. Thanksgiving Day with family- time together- to be with my family – Favorite food- pizza

Willie T. – Time to be thankful – favorite food Ham – family union, calling brother and friends

Florence Blankenship B. 25 - To be thankful and very thankful for all our freedoms like the hospital- the care we receive – favorite food pumpkin pie – live more like the Indians close to nature and take care of natural planet

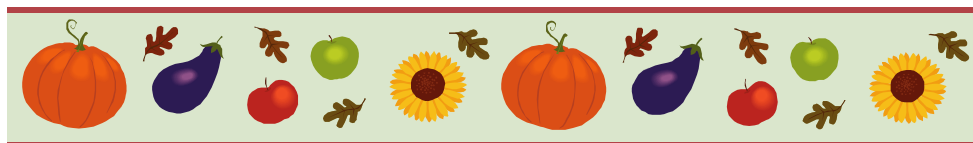
Pam Davis - for being thankful to all the world – Getting together, eating good food together, family – favorite food Italian – turkey dressing and stuffing, giblet gravy B. 25

Lorraine Jone – A time for thanksgiving, reflecting, eating all you can. Turkey and dressing and pumpkin pie.

Kaye R. - Getting together with family and friends and giving thanks – Rice and Pizza – thanks for the many blessings.

Kelly D. - Giving thanks to all the people you love. Also thankful people who came on the ship. Turkey dressing, cranberry, potato salad, sweet potatoes and chitlings with collard greens

Patricia M. - Time of year to give thanks and eat food – cake – Just a special time for family.



**HAPPY THANKSGIVING EVERYONE!!!**

## Poetry



OBay

***By Avis Abdul-Malik***

A mothers dream is so easy,  
But so hard to OBay,  
Listening action and OBay,  
Learning accepting and OBay,  
Singing breathing and OBay,  
Eating Loving and OBay,  
Dreaming Goodness and OBay

Sun Rise Sun Seen

***By Avis Abdul-Malik***

The Sun rises each morning  
Smelling the sweet flowers,  
Their weeds to some and flowers,  
Others feel that life is bad,  
But the Sun rises anyway.

A Favorite Holiday Memory

***By Kimberly Comstock***

One of my favorite memories is watching the Clydesdale horses pulling a sleigh during the Christmas Season. They are known as the "old work horses" because of their large, muscular build. They are also very beautiful. If you ever get the chance to watch them, they usually do a holiday commercial or can be seen during parades. Enjoy!



## Nutrition Facts

**By Florence Blankenship**

## Healthy Holiday Tips

1. Don't go to a holiday gathering hungry. Have a light meal or snack on fruit, yoghurt, or carrot sticks before you go.
2. Fill  $\frac{3}{4}$  of your plate with healthier foods and  $\frac{1}{4}$  with treats.
3. Watch what you drink – egg nog, sodas with sugar can add empty calories.
4. Remember to balance the calories you eat with physical activity. Moving more will give you energy and generally make you feel better.
5. Turkey, green beans, sweet potatoes, cranberries, pumpkin are just a few holiday foods that contain vitamins the body needs. Usually, the more colorful your meal, the more nutritious it is.
6. Don't deprive yourself. Plan ahead. Take a walk with a friend and enjoy the holidays!



## Money Money Money

**by Avis Abdul-Malik**

Remember the OJ's song, "Money, Money, Money, some people got to have it. Some people know magic?" Well, we have a magical bill. The newly designed US Currency. The back ground colors and enhanced security features. But one thing will never change. The old bills will always be worth just as much as the new. All bills are for good. Hold the bill to the light and look for the faint image. Like the portrait itself, see it from both sides. Tilt the bill up and down and the color shifting ink in the number "20" in the lower right corener changes from copper to green and black. Look closely for the embedded plastic security thread, see both sides and a tiny flag saying USA Twenty. The \$20 bill is the first note to be released. The US government is making educational materials available to teachers and classrooms across the country.



SPORTS HIGHLIGHTS  
*By John Midgette, Sports Editor*



**Fan Corner**

Go Redskins! We who love to cheer for Washington are:  
John Midgette, Willie Taylor, Cornell Smith, Stanley Picott and Marty Kline



Carolina Panther fans: A. Cosby and André Tucker

Steelers Fans: Bruce Waller, Dorian Bryant and Anita Holley



Browns Fans: Mr. John Favret, Mike Kohn and Lane Tolj



Cowboys Fans: Mr. Tyree and Joe Brown



Jets Fans/Favre fans: Andrew Privott and Vince Brooks



Diehard Cincinnati Bengals fans: Deborah Mazzearella and Melissa Evans

If you'd like to let us know your favorite team, drop a note in any Pioneer Press Box.

## Autumn Games

***By John Midgette***

My very first article that I wrote came out in the Pioneer Press 11<sup>th</sup> Edition, October-November 2008, page 7. Last year, we drove to Western State Hospital. This was my first experience of the Autumn Games. I had the best time since I've been locked up in the hospital system. While at WSH, I met Smiley, Sue (DMHMRSAS). She did a lot of work putting on the Autumn Games and they all went well. Everyone had the greatest time. That was my first time meeting Marty Kline. He has worked here at ESH for the past 37 years. Marty drove the van that I road in. I also met Kim Kopka and Larn Schultz. They are also employed here at ESH. While at the Autumn Games they would cheer us Cardinals on. Fun it was. Location of our next Autumn Games will be at Central Virginia Training Center, Lynchburg, VA.

History and when the Autumn Games kicked off

The Autumn Games were the brain child of Mike Poole, OTR. In 1979 he presented the idea to several therapists at a geriatric workshop at WSH. At the time, Mike was the Director of Rehab at Catawba. We all thought it was a good idea and planned for the first Autumn Games at WSH in the fall of 1981.

The winner list of overall trophy includes:

1981-82 - Shenandoah Geriatric Center (WSH)  
 1983 - Catawba  
 1984 - WSH  
 1985 - Catawba (ESH did not participate in this year's games)  
 1986 - Porterfield Geriatric Center (now SWVMHI)  
 1987-88 - Hancock Geriatric Treatment Center (ESH)  
 1989 - WSH  
 1990-94 - ESH  
 1995 - WSH  
 1996 - Piedmont  
 1997 - ESH  
 1998 - WSH  
 1999-2000 - CSH  
 2001-2007 - WSH  
 2008 - ESH

Also, we have had teams in the past from Central State Hospital, Southside Virginia Training Center and Hiram Davis Hospital. In order for a resident to participate in the Autumn Games, you have to be 55 years or older. Sorry, I didn't make the rules! This year, October 9, 2008, Autumn Games were put together by our best - Kim Kopka, Larn Schultz and Marty Kline. They are hard workers here at the hospital. It was my pleasure to meet and to know them. To cheer us on was Mr. John Favret, who has been Director of ESH since 1992. Coaching us were Tommy Hipple, Bruce Waller, and Stoney. Tommy Hipple, Melissa Evans, Bruce Waller, and Pam Baxter won first place trophies in the wheelchair race.

Other residents that participated in the Autumn Games were: Nathaniel B., Patsy B., Carole B., Mary P., Mary G, and Frances D. Llyod W., Larry L., Cornell S., and me, John Midgette. There were a lot of people at the game who did cheer us Cardinals on - sorry I didn't get your names. Thanks for being so nice. I would like to thank Smiley, Sue and Marty Kline for giving me all the history of the Autumn Games. Thank you so much.  
 That's all for now.



### Halloween Extravaganza

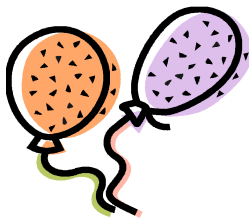
**By André Tucker**

Boo! Boo! Boy was that scary or what?? The first time around was no different than the last. My enjoyment was not just my own. As I watched people enjoy themselves as well. It was put together well by staff and peers. There were games for those who didn't feel like getting that tickling amusement that came from the haunted house. There were cakes, cookies, and plenty of candy. Time went by nice and slowly. The best thing was when it was done, everyone had smiling faces.

### International Space Station

**Submitted by Avis Abdul-Malik**

The International Space Stations (ISS) is a research facility currently being assembled in outer space, the on-orbit construction of which began in 1998. It is easy to spot with the naked eye because the solar panels reflect a lot of light. It orbits much more slowly and remains visible for a lot longer than other high-sky objects such as meteors. For information on ISS fly over your city or go to [http://www.nasa.gov/mission\\_pages/station/main/index.html](http://www.nasa.gov/mission_pages/station/main/index.html)



## Happy Birthday to the Pioneer Press!!!

This is our 12<sup>th</sup> issue! We hope you have enjoyed reading it as much as we have enjoyed putting it together. We have had over 44 different contributors.

Keep those thoughts and articles coming!

~the Pioneer Press editors